Hero Summer 2026 Menu - Week 1 - JUNIOR NUTRITION INFORMATION (in g per standard portion)

Carbohydrate Information: *The calculation of the carbohydrate content (in gram) is based on the nutritional Information of all the RAW ingredients and therefore counting all carbohydrates in the products used in the preparation for this menu.*

It is possible that there will always be a certain degree of variation in portion size for any given food, depending on factors including the cooking method, length of cooking time, temperature, amount of water used and surface area of the food.

All appropriate processes will be managed but please note that no guarantees can be given. Therefore, the portion sizes should be treated as estimates.

The carbohydrate counts should be used as a guide only, for the person responsible for administering insulin. Also, informed by resources such as carbs and cals, with training provided by an appropriate healthcare professional.

JUNIOR, WEEK 1, MONDAY - 13/04/26, 04/05/26, 01/06/26, 22/06/26, 13/07/26, 31/08/26, 21/09/26, 12/10/26.

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Pork Sausages	217	15.3	8	10.9	1.1
Gravy	19	0.1	5	0.3	0.9
Lentil Bolognese (Ve)	159	3.8	20	8.2	0.7
Halal BBQ Chicken	147	2	15	17.2	0.6
BBQ Chicken	119	2.4	14	9.9	0.7
Plant-Based Sausages (Ve)	160	11.2	7	9	0.6
Mashed Potatoes	122	6	16	1.7	0.1
Pasta Shells (Ve)	164	0.7	34	5.2	0
Peach & Apple Crumble (Ve)	156	7.6	19	2.2	0.2
Ice Cream (Half Portion) (v)	92	4	11	2.5	0.1
Fresh Fruit Wedges (Ve)	25	0.2	6	0.5	0
Favourite Cookie (Ve)	136	7.1	17	1.3	0.3
Strawberry Jelly (Ve)	65	0.1	16	0.1	0

JUNIOR, WEEK 1, TUESDAY - 14/04/26, 05/05/26, 02/06/26, 23/06/26, 14/07/26, 01/09/26, 22/09/26, 13/10/26.

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Beef Lasagne	222	8.2	23	13.3	1
Plant-Based Grill (Ve)	119	8.5	5	6.8	0.4
Halal Lamb Lasagne	238	10.3	23	12.8	1
Lamb Lasagne	217	7.7	23	13.5	1
Beef Bolognese Pasta Bake	222	8.2	23	13.3	1
Vegetarian Lasagne (v)	190	4.7	24	12.2	1
Halal Lamb Bolognese Pasta Bake	238	10.3	23	12.8	1
Herby Garlic Bread	54	1.6	9	1.5	0.2
Potato Wedges	89	0.6	18	3	0.1
Potato Wedges (Half Portion)	45	0.3	9	1.5	0.1
Fresh Fruit Wedges (Ve)	25	0.2	6	0.5	0
Favourite Cookie (Ve)	136	7.1	17	1.3	0.3
Frube (v)	34	1	4	1.4	0.1

JUNIOR, WEEK 1, WEDNESDAY - 15/04/26, 06/05/26, 03/06/26, 24/06/26, 15/07/26, 02/09/26, 23/09/26, 14/10/26.					
Menu Item	**Energy (kcal)**	**Fat (g)**	**Carbohydrate (g)**	**Protein (g)**	**Salt (g)**
Roast Chicken	60	2.4	0	9.6	0.4
Sage & Onion Stuffing	49	0.5	11	1.3	0.6
Gravy	19	0.1	5	0.3	0.9
Cheese & Tomato Puff Pastry Tart (v)	235	16	13	8.6	0.6
Halal Roast Chicken	85	1.9	1	16.2	0.3
Quorn Pieces in Gravy with Yorkshire Pudding (v)	107	2.3	11	9.3	1
Roast Potatoes	113	5.1	16	1.7	0
Roast Potatoes (Half Portion)	57	2.6	8	0.9	0
Wholemeal Pasta	152	0.9	29	5.5	0
Wholemeal Pasta (Half Portion)	76	0.5	15	2.8	0
Fresh Fruit Jelly (Ve)	63	0.2	15	0.4	0
Fresh Fruit Wedges (Ve)	25	0.2	6	0.5	0
Favourite Cookie (Ve)	136	7.1	17	1.3	0.3
Frube (v)	34	1	4	1.4	0.1
JUNIOR, WEEK 1, THURSDAY - 16/04/26, 07/05/26, 04/06/26, 25/06/26, 16/07/26, 03/09/26, 24/09/26, 15/10/26.					
Menu Item	**Energy (kcal)**	**Fat (g)**	**Carbohydrate (g)**	**Protein (g)**	**Salt (g)**
Chicken Burger	60	2.4	0	9.6	0.4
Quorn Pattie (v)	53	2.1	2	5.5	0.5
Plant-Based Grill (Ve)	119	8.5	5	6.8	0.4
Burger Bun	123	0.9	23	4.8	0.5
Butternut & Chickpea Biryani (Ve)	232	4.3	41	6.1	0.3
Butternut Squash & Quorn Curry (V)	95	1.4	14	6.4	0.5
Potato Wedges	89	0.6	18	3	0.1
Potato Wedges (Half Portion)	45	0.3	9	1.5	0.1
Herby Garlic Bread	54	1.6	9	1.5	0.2
Raspberry & Lemon Square (v)	129	3.3	23	2.3	0.4
Lemon Shortbread (Ve)	231	13.5	24	2.7	0.3
Fresh Fruit Wedges (Ve)	25	0.2	6	0.5	0
Favourite Cookie (Ve)	136	7.1	17	1.3	0.3
Strawberry Jelly (Ve)	65	0.1	16	0.1	0
JUNIOR, WEEK 1, FRIDAY - 17/04/26, 08/05/26, 05/06/26, 26/06/26, 17/07/26, 04/09/26, 25/09/26, 16/10/26.					
Menu Item	**Energy (kcal)**	**Fat (g)**	**Carbohydrate (g)**	**Protein (g)**	**Salt (g)**
Fish Fillet Fingers	156	6.2	16	8.9	0.3
Margherita Pizza (v)	203	9.6	20	9.9	0.7
Oven Chips	127	2.6	23	2	0.1
Oven Chips (Half Portion)	64	1.3	12	1.0	0.1
Tricolour Pasta	162	0.7	33	5.2	0
Tricolour Pasta (Half Portion)	81	0.4	17	2.6	0
Marble Cookie (Ve)	137	7.1	17	1.4	0.3
Fresh Fruit Wedges (Ve)	25	0.2	6	0.5	0
Strawberry Jelly (Ve)	65	0.1	16	0.1	0

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Hero Summer 2026 Menu - Week 2 - JUNIOR NUTRITION INFORMATION (in g per standard portion)

Carbohydrate Information: *The calculation of the carbohydrate content (in gram) is based on the nutritional Information of all the RAW ingredients and therefore counting all carbohydrates in the products used in the preparation for this menu.*

It is possible that there will always be a certain degree of variation in portion size for any given food, depending on factors including the cooking method, length of cooking time, temperature, amount of water used and surface area of the food.

All appropriate processes will be managed but please note that no guarantees can be given. Therefore, the portion sizes should be treated as estimates.

The carbohydrate counts should be used as a guide only, for the person responsible for administering insulin. Also, informed by resources such as carbs and cals, with training provided by an appropriate healthcare professional.

JUNIOR, WEEK 2, MONDAY - 20/04/26, 11/05/26, 08/06/26, 29/06/26, 20/07/26, 07/09/26, 28/09/26, 19/10/26.

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Chicken Curry	111	5.3	3	11	0.3
Plant-Based Sausages (Ve)	160	11.2	7	9	0.6
Gravy	19	0.1	5	0.3	0.9
Halal Chicken Curry	101	1.8	3	17.3	0.7
Mild Sweet Potato & Chickpea Curry (Ve)	128	2	21	5.8	0.4
Plant-Based Grill (Ve)	119	8.5	5	6.8	0.4
Vegan Sausage Roll (Ve)	287	13	34	7.6	1
Potato Wedges	89	0.6	18	3	0.1
Brown & White Rice	160	0.8	35	3.4	0
Apple Tart (Ve)	111	4.9	15	1	0.1
Ice Cream (Half Portion) (v)	92	4	11	2.5	0.1
Fresh Fruit Wedges (Ve)	25	0.2	6	0.5	0
Favourite Cookie (Ve)	136	7.1	17	1.3	0.3
Strawberry Jelly (Ve)	65	0.1	16	0.1	0

JUNIOR, WEEK 2, TUESDAY - 21/04/26, 12/05/26, 09/06/26, 30/06/26, 21/07/26, 08/09/26, 29/09/26, 20/10/26.

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Plant-Based Meatballs (Ve)	126	7	7	9.9	0.6
Tomato Sauce (Ve)	39	1.3	5	1.4	0.7
Mac 'n' Cheese (v)	280	11.8	32	11	1.1
Cheese Slice (v)	277	17.1	23	6.8	0.4
Beef Bolognese	121	4.9	8	9.9	0.6
Pasta Penne	164	0.7	34	5.2	0
Pasta Penne (Half Portion)	82	0.4	17	2.6	0
Herby Garlic Bread	54	1.6	9	1.5	0.2
Fresh Fruit Wedges (Ve)	25	0.2	6	0.5	0
Frube (v)	34	1	4	1.4	0.1
Favourite Cookie (Ve)	136	7.1	17	1.3	0.3
Strawberry Jelly (Ve)	65	0.1	16	0.1	0

JUNIOR, WEEK 2, WEDNESDAY - 22/04/26, 13/05/26, 10/06/26, 01/07/26, 22/07/26, 09/09/26, 30/09/26, 21/10/26.					
Menu Item	**Energy (kcal)**	**Fat (g)**	**Carbohydrate (g)**	**Protein (g)**	**Salt (g)**
Roast Beef	49	2	0	7.6	0.6
Yorkshire Pudding	45	1.4	7	0.9	0.1
Gravy	19	0.1	5	0.3	0.9
Roast Quorn Fillet (Ve)	64	1.7	0	9.9	0.3
Sage & Onion Stuffing	49	0.5	11	1.3	0.6
Halal Roast Chicken	85	1.9	1	16.2	0.3
Roast Chicken	60	2.4	0	9.6	0.4
Tuna Sweetcorn Pasta Bake	307	9.9	34	19.2	1.2
Plain Omelette (v)	83	6.5	1	5	0.3
Roast Potatoes	113	5.1	16	1.7	0
Wholemeal Pasta	152	0.9	29	5.5	0
Fresh Fruit Jelly (Ve)	63	0.2	15	0.4	0
Fresh Fruit Wedges (Ve)	25	0.2	6	0.5	0
Favourite Cookie (Ve)	136	7.1	17	1.3	0.3
Frube (v)	34	1	4	1.4	0.1
JUNIOR, WEEK 2, THURSDAY - 23/04/26, 14/05/26, 11/06/26, 02/07/26, 23/07/26, 10/09/26, 01/10/26, 22/10/26.					
Menu Item	**Energy (kcal)**	**Fat (g)**	**Carbohydrate (g)**	**Protein (g)**	**Salt (g)**
Chicken Pie	313	14.8	28	15.7	0.8
Gravy	19	0.1	5	0.3	0.9
Mild Bean Chilli (Ve)	119	2.6	15	6.7	0.7
Halal Chicken Pie	323	15.3	28	17.6	1
Creamy Quorn Pie (v)	374	18.5	35	14.9	1.3
Brown & White Rice	160	0.8	35	3.4	0
Brown & White Rice (Half Portion)	80	0.4	18	1.7	0
New Potatoes (Ve)	75	0.2	17	2.1	0
New Potatoes (Ve) (Half Portion)	38	0.1	9	1.1	0
Strawberry Mousse (v)	7	0.2	1	0.3	0
Fresh Fruit Wedges (Ve)	25	0.2	6	0.5	0
Favourite Cookie (Ve)	136	7.1	17	1.3	0.3
Strawberry Jelly (Ve)	65	0.1	16	0.1	0
JUNIOR, WEEK 2, FRIDAY - 24/04/26, 15/05/26, 12/06/26, 03/07/26, 24/07/26, 11/09/26, 02/10/26, 23/10/26.					
Menu Item	**Energy (kcal)**	**Fat (g)**	**Carbohydrate (g)**	**Protein (g)**	**Salt (g)**
Battered Fish Fillet	119	6.4	10	5.3	0.5
Margherita Pizza (v)	203	9.6	20	9.9	0.7
Fish Fillet Fingers	156	6.2	16	8.9	0.3
Oven Chips	127	2.6	23	2	0.1
Oven Chips (Half Portion)	64	1.3	12	1.0	0.1
Tricolour Pasta	162	0.7	33	5.2	0
Tricolour Pasta (Half Portion)	81	0.4	17	2.6	0
Chocolate Muffin	193	9.1	25	2.2	0.4
Chocolate Shortbread (Ve)	255	13.8	29	2.9	0.3
Fresh Fruit Wedges (Ve)	25	0.2	6	0.5	0
Favourite Cookie (Ve)	136	7.1	17	1.3	0.3
Strawberry Jelly (Ve)	65	0.1	16	0.1	0

Hero Summer 2026 Menu - Week 3 - JUNIOR
NUTRITION INFORMATION
(in g per standard portion)

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JUNIOR, WEEK 3, MONDAY - 27/04/26, 18/05/26, 15/06/26, 06/07/26, 14/09/26, 05/10/26.

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Pulled Paprika Chicken Flatbread	171	3.5	20	13.4	1
Breaded Bean & Vegetable Grill (Ve)	137	6.5	16	2.8	0.4
Halal Spanish Paprika Chicken	101	2.1	3	17.4	0.4
Pasta Carbonara	233	5.6	33	12.2	1.3
Bean & Cheese Slice (v)	294	15.4	28	8.8	0.8
Brown & White Rice	160	0.8	35	3.4	0
Brown & White Rice (Half Portion)	80	0.4	18	1.7	0
Pasta Penne	164	0.7	34	5.2	0
Pasta Penne (Half Portion)	82	0.4	17	2.6	0
Pancake with Blueberries (v)	93	1	18	1.8	0.2
EF Blueberry Sponge (v)	159	5.7	24	2.1	0.4
Fresh Fruit Wedges (Ve)	25	0.2	6	0.5	0
Favourite Cookie (Ve)	136	7.1	17	1.3	0.3
Strawberry Jelly (Ve)	65	0.1	16	0.1	0

JUNIOR, WEEK 3, TUESDAY - 28/04/26, 19/05/26, 16/06/26, 07/07/26, 15/09/26, 06/10/26.

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Beef Burger (Pattie)	106	5.2	5	9.1	0.5
Plant-Based Grill (Ve)	119	8.5	5	6.8	0.4
Burger Bun	123	0.9	23	4.8	0.5
BBQ Beans Loaded Hash Browns (Ve)	306	11.3	42	6	1
Baked Bean Loaded Hash Browns (Ve)	295	10	41	7.1	1.1
Pork Sausage (2)	144	4	5	7.3	0.7
Hot Dog Roll (Ve)	131	1.9	24	4.4	0.4
Halal Lamb Slice	357	24.2	22	12.1	0.7
Lamb Slice	314	19.1	22	13.3	0.7
Potato Wedges	89	0.6	18	3	0.1
Potato Wedges (Half Portion)	45	0.3	9	1.5	0.1
Ice Cream with Chocolate Cookie Crumb (v)	126	5.8	15	2.9	0.2
Fresh Fruit Wedges (Ve)	25	0.2	6	0.5	0
Favourite Cookie (Ve)	136	7.1	17	1.3	0.3
Strawberry Jelly (Ve)	65	0.1	16	0.1	0

JUNIOR, WEEK 3, WEDNESDAY - 29/04/26, 20/05/26, 17/06/26, 08/07/26, 16/09/26, 07/10/26.					
Menu Item	**Energy (kcal)**	**Fat (g)**	**Carbohydrate (g)**	**Protein (g)**	**Salt (g)**
Roast Chicken	60	2.4	0	9.6	0.4
Gravy	19	0.1	5	0.3	0.9
Sage & Onion Stuffing	49	0.5	11	1.3	0.6
Roasted Summer Veg Quiche (v)	229	14.7	16	8.3	0.5
Italian Pasta Bake (Ve)	233	5.1	31	13.6	1.1
Halal Roast Chicken	85	1.9	1	16.2	0.3
Roast Quorn Fillet (Ve)	64	1.7	0	9.9	0.3
Roast Potatoes	113	5.1	16	1.7	0
Roast Potatoes (Half Portion)	57	2.6	8	0.9	0
Wholemeal Pasta	152	0.9	29	5.5	0
Wholemeal Pasta (Half Portion)	76	0.5	15	2.8	0
Fresh Fruit Jelly (Ve)	63	0.2	15	0.4	0
Fresh Fruit Wedges (Ve)	25	0.2	6	0.5	0
Favourite Cookie (Ve)	136	7.1	17	1.3	0.3
Frube (v)	34	1	4	1.4	0.1
JUNIOR, WEEK 3, THURSDAY - 30/04/26, 21/05/26, 18/06/26, 09/07/26, 17/09/26, 08/10/26.					
Menu Item	**Energy (kcal)**	**Fat (g)**	**Carbohydrate (g)**	**Protein (g)**	**Salt (g)**
Beef Slice	364	22.4	25	13.8	0.7
Quorn Frankfurter (v)	103	7.7	2	6.3	0.5
Plant-Based Sausage (Ve) (2)	107	7.5	5	6	0.4
Hot Dog Roll (Ve)	131	1.9	24	4.4	0.4
Cauliflower Cheese Pasta Bake (v)	269	11.8	29	10.9	1.1
Chicken Pasta Bake	233	4.5	28	18.3	0.8
Fish Finger Sub	261	8.4	35	10.4	0.7
New Potatoes (Ve)	75	0.2	17	2.1	0
New Potatoes (Ve) (Half Portion)	38	0.1	9	1.1	0
Fresh Fruit Wedges (Ve)	25	0.2	6	0.5	0
Frube (v)	34	1	4	1.4	0.1
Favourite Cookie (Ve)	136	7.1	17	1.3	0.3
Strawberry Jelly (Ve)	65	0.1	16	0.1	0
JUNIOR, WEEK 3, FRIDAY - 01/05/26, 22/05/26, 19/06/26, 10/07/26, 18/09/26, 09/10/26.					
Menu Item	**Energy (kcal)**	**Fat (g)**	**Carbohydrate (g)**	**Protein (g)**	**Salt (g)**
Fish Fillet Fingers	156	6.2	16	8.9	0.3
Margherita Pizza (v)	203	9.6	20	9.9	0.7
Battered Fish Fillet	119	6.4	10	5.3	0.5
Potato Wedges	89	0.6	18	3	0.1
Potato Wedges (Half Portion)	45	0.3	9	1.5	0.1
Tricolour Pasta	162	0.7	33	5.2	0
Tricolour Pasta (Half Portion)	81	0.4	17	2.6	0
Orange Shortbread (Ve)	231	13.5	24	2.7	0.3
Fresh Fruit Wedges (Ve)	25	0.2	6	0.5	0
Favourite Cookie (Ve)	136	7.1	17	1.3	0.3
Strawberry Jelly (Ve)	65	0.1	16	0.1	0

Hero Summer 2026 Menu - Extra Options - JUNIOR
NUTRITION INFORMATION
(in g per standard portion)

Carbohydrate Information: ***The calculation of the carbohydrate content (in gram) is based on the nutritional Information of all the RAW ingredients and therefore counting all carbohydrates in the products used in the preparation for this menu.***

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Pasta Options

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Cheesy Pasta (v)	280	11.8	32	11	1.1
Herby Tomato Pasta with Cheese (v)	247	10.5	26	10.8	0.8
Pesto Pasta (v)	380	22.9	32	10.4	0.7

Jacket Potato Options

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Jacket Potato Plain (Ve)	188	0.5	43	5.3	0
JP Tuna Filling	55	0.5	0	12.5	0.5
JP Baked Beans Filling (Ve)	57	0.3	9	3.4	0.4
JP Cheese Filling (v)	125	10.3	0	7.5	0.5
JP Tuna Mayo Filling	95	4.5	1	12.5	0.6
JP Cheese & Baked Beans Filling (v)	91	5.3	5	5.5	0.5
JP Salmon Mayo Filling	110	6.4	1	11.9	0.6
JP Tuna Mayo Filling (Vegan Mayo)	146	10.5	1	12.5	0.6
JP Salmon Mayo Filling (Vegan Mayo)	161	12.4	1	11.8	0.6

Cold Roll Options

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Bread Roll with Spread	159	4.9	23	4.8	0.6
Bread Roll without Spread	123	0.9	23	4.8	0.5
Baguette with Spread	205	4.8	34	5.8	0.6
Baguette without Spread	169	0.8	33	5.8	0.5
CO Egg Filling (V)	66	4.5	0	6.3	0.2
CO Tuna Filling	55	0.5	0	12.5	0.5
CO Chicken Filling	34	0.4	0	7.8	0.2
CO Salmon Filling	69	2.4	0	11.8	0.4
CO Egg Mayo Filling (v) (Vegan Mayo)	145	13.2	1	6.3	0.3
CO Tuna Mayo Filling (Vegan Mayo)	135	9.3	1	12.5	0.6
CO Chicken Filling (Vegan Mayo)	126	10.4	1	7.8	0.4
CO Salmon Mayo Filling (Vegan Mayo)	149	11.2	1	11.8	0.6
CO Egg Mayo Filling (v)	101	8	1	6.3	0.3
CO Tuna Mayo Filling	90	4	1	12.5	0.6
CO Chicken Mayo Filling	75	4.4	1	7.9	0.4
CO Ham Filling	38	0.6	1	7.9	0.6
CO Cheese Filling (v)	125	10.3	0	7.5	0.5
CO Salmon Mayo Filling	105	5.9	1	11.8	0.6

Hero Summer 2026 Menu - Special Diet Menu Items - JUNIOR NUTRITION INFORMATION (in g per standard portion)

Carbohydrate Information: ***The calculation of the carbohydrate content (in gram) is based on the nutritional Information of all the RAW ingredients and therefore counting all carbohydrates in the products used in the preparation for this menu.***

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Allergy/Lifestyle Menu Items

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
Vegetable Sausages (Ve)	137	0.5	28	3.8	0.7
Vegetable Fingers (Ve)	155	6.8	20	2.8	0.7
Quorn Nuggets (Ve)	171	2.6	22	10.3	1.3
Vegetarian Bolognese Sauce (Ve)	90	1.4	9	8.8	0.6
Lamb Bolognese Sauce	116	4.5	8	10	0.6
Beef Bolognese Sauce	121	4.9	8	9.9	0.6
Halal Lamb Bolognese Sauce	137	7	8	9.4	0.6
Halal Beef Bolognese Sauce	121	5.1	8	10	0.6
Breaded Bean & Vegetable Grill (Ve)	137	6.5	16	2.8	0.4
Margherita Pizza no Egg or Garlic (v)	202	9.6	20	9.8	0.7
Tomato Only Sauce (Ve)	30	1.1	4	1.1	0.1
Tomato Only Sauce with Cheese (v)	134	9.7	4	7.3	0.5
Tomato Sauce (Ve)	24	1.1	3	0.6	0.3
Tomato Sauce with Cheese (v)	146	10.5	5	7.2	0.9
CO Plant-Based Sausage Filling (Ve)	107	7.5	5	6	0.4
CO Quorn Mayo Filling (Ve)	147	10.7	1	9.9	0.5
CO Chickpea & Sweetcorn Mayo Filling (Ve)	166	10.5	12	4.8	0.2
Modern Sponge - Plain (V)	102	2.8	18	1.9	0.3
Shortbread (Ve)	230	13.5	24	2.7	0.3

Dairy Free Menu Items					
Menu Item	**Energy (kcal)**	**Fat (g)**	**Carbohydrate (g)**	**Protein (g)**	**Salt (g)**
DF Chicken Gravy Pie	173	6.7	14	13.7	1
DF Halal Chicken Gravy Pie	184	7.2	14	15.6	1.2
DF Herby Tomato Pasta (Ve)	180	2.4	32	5.7	0.5
Egg Free Menu Items					
Menu Item	**Energy (kcal)**	**Fat (g)**	**Carbohydrate (g)**	**Protein (g)**	**Salt (g)**
EF Chocolate Sponge	154	5.8	22	2.3	0.4
EF Sponge (v)	155	5.7	23	2.1	0.4
Gluten Free Menu Items					
Menu Item	**Energy (kcal)**	**Fat (g)**	**Carbohydrate (g)**	**Protein (g)**	**Salt (g)**
GF Fish Fillet Fingers	178	8.1	14	11.7	0.8
GF Mac 'n' Cheese (v)	219	7.7	27	9.9	0.5
GF Fishcake	148	7.5	14	5.8	0.4
Pulled Paprika Chicken (No Flatbread)	98	3.9	7	11.3	0.8
GF Cauliflower Cheese Pasta Bake (v)	219	7.7	27	9.9	0.5
GF Italian Pasta Bake (Ve)	208	2.6	31	12.5	0.6
GF Margherita Pizza (v)	229	12.1	21	7.5	0.8
GF Hot Dog Roll (Ve)	118	3.5	20	0.9	0.4
Quorn Frankfurter (v)	103	7.7	2	6.3	0.5
Plant-Based Sausage (Ve) (2)	107	7.5	5	6	0.4
GF Burger Bun	118	3.5	20	0.9	0.4
GF Beef Burger (Pattie)	106	5.2	5	9.1	0.5
Chicken Breast Fillet	60	2.4	0	9.6	0.4
Plant-Based Grill (Ve)	119	8.5	5	6.8	0.4
GF Garlic Bread (Ve)	134	9.7	10	0.7	0.4
GF Pasta (Ve)	159	0.7	34	3.3	0
GF Herby Tomato Pasta with Cheese (v)	252	10.4	29	9.4	0.8
GF Cheesy Pasta (v)	219	7.7	27	9.9	0.5
GF Pesto Pasta (v)	375	23	32	8.7	0.7
GF Roll with Spread (Ve)	309	15	39	1.8	0.9
GF Roll without Spread (Ve)	237	7	39	1.8	0.7
GF Basic Cookie (Ve)	137	7.1	18	0.7	0.4
GF Sponge (v)	128	6.4	16	1.8	0.3
GF Banana & Raisin Cookie (v)	180	7	28	1.4	0.3
GF Chocolate Shortbread (Ve)	240	13.7	27	1.8	0.3
GF Peach & Apple Crumble (Ve)	158	7.6	21	1.1	0.2
GF Ice Cream with Chocolate Cookie Crumb (v)	127	5.8	16	2.7	0.2
GF Shortbread (Ve)	232	13.5	26	1.3	0.3

Meal Additionals - CARBOHYDRATE INFORMATION (in g per standard portion)

Carbohydrate Information: ***The calculation of the carbohydrate content (in gram) is based on the nutritional Information of all the RAW ingredients and therefore counting all carbohydrates in the products used in the preparation for this menu.***

It is possible that there will always be a certain degree of variation in portion size for any given food, depending on factors including the cooking method, length of cooking time, temperature, amount of water used and surface area of the food.

All appropriate processes will be managed but please note that no guarantees can be given. Therefore, the portion sizes should be treated as estimates.

The carbohydrate counts should be used as a guide only, for the person responsible for administering insulin. Also, informed by resources such as carbs and cals, with training provided by an appropriate healthcare professional.

Bread	**Carbohydrate (g) per portion (on average)**
50/50 Bread	6g
Bread	4g
Fresh Fruit	**Carbohydrate (g)/ 50g portion (on average)**
Apple	5g
Banana	12g
Blueberries	5g
Grapes	8g
Mango	7g
Orange	4g
Papaya	4g
Pear	5g
Pineapple	5g
Watermelon	4g
Starchy Side Vegetables	**Carbohydrate (g)/ 50g portion (on average)**
Sweetcorn	8g
Baked Beans	5g
Peas	4g
Parsnips	6g
Carrots	4g
Beetroot	5g

Please note that side vegetable offerings vary from school to school, and only “starchy” side vegetables have been listed.

Hero Summer 2026 Menu - Street Food - JUNIOR NUTRITION INFORMATION (in g per standard portion)

Carbohydrate Information: ***The calculation of the carbohydrate content (in gram) is based on the nutritional Information of all the RAW ingredients and therefore counting all carbohydrates in the products used in the preparation for this menu.***

It is possible that there will always be a certain degree of variation in portion size for any given food, depending on factors including the cooking method, length of cooking time, temperature, amount of water used and surface area of the food.

All appropriate processes will be managed but please note that no guarantees can be given. Therefore, the portion sizes should be treated as estimates.

The carbohydrate counts should be used as a guide only, for the person responsible for administering insulin. Also, informed by resources such as carbs and cals, with training provided by an appropriate healthcare professional.

Street Food

Menu Item	Energy (kcal)	Fat (g)	Carbohydrate (g)	Protein (g)	Salt (g)
BBQ Chicken & Cheese Bagel	274	7.3	37	14	1
Loaded Cajun Wedges (v)	183	7.7	20	8.1	1.1
Bacon Baguette	298	10.7	34	15.7	2.5
Margherita Quesadilla (v)	302	14.8	29	12.3	0.9
Plant-Based Meat Ball & Tomato Pasta Pot (Ve)	277	8.8	35	14.3	1
Fish Finger Sub	261	8.4	35	10.4	0.7
Cheese & Bacon Loaded Fries	223	10.2	23	8.7	1.1
Bangers & Mash with Gravy	366	21.4	30	13.2	2.1
Pasta Carbonara	233	5.6	33	12.2	1.3
Cheese & Pesto Panini (v)	420	16	52	16.1	1.5
Cheesy Pasta (v)	280	11.8	32	11	1.1
Chicken Tikka Rice Pot	246	3.5	35	17.5	0.4
Pepperoni & Cheese Panini	329	17.7	26	14.2	1.5
Pesto Pasta (v)	380	22.9	32	10.4	0.7
Tuna Melt Bagel	289	9	30	21.5	1.2